

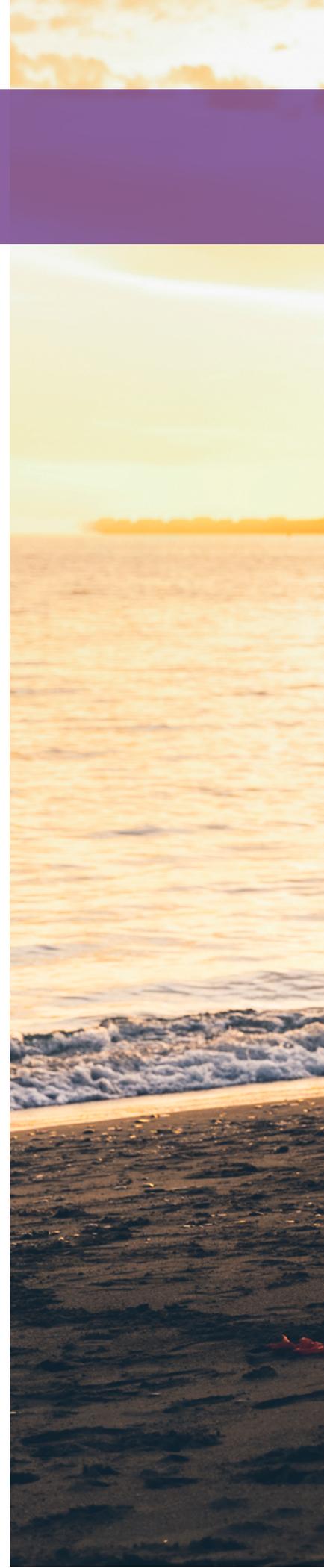
Relationship 
BOOTCAMP



Sunlight & Shadows

*"For it was not into my ear you
whispered, but into my heart.
It was not my lips you kissed,
but my soul."*

-Judy Garland



Building Intimacy

Welcome, beautiful soul!

Are you hungry for more meaningful conversation with your partner?

Use this guide to spark rich, connected conversation together.

By talking about both the sunlight and the shadows—the positives and the negatives—you can create space for exploring your rich, human experience together.

Talk about any or all of them and come back to this guide whenever you'd like inspiration for more deeper conversation!

This is where intimacy begins.

“

May you be well, may you be loved, and may you have fulfilling relationships!

-Stephanie

Sunlight & Shadows

CHILDHOOD

Who did you look up to as a child? Why?

What were you proud of about yourself?

What was one of your biggest blessings?

What did you excel in?

What is your most treasured memory?

What about your childhood do you want to make sure to bring to your children?

Who did you not respect? Why?

What were you ashamed of?

What hurt you the most?

What did you struggle with?

What is your worst memory?

What do you want to be sure not to repeat?

ADULTHOOD

Who do you look up to? Why?

What are you proud of about yourself?

What has been your biggest blessing?

What do you have you mastered recently?

What is one wish that has come true?

What has pleasantly surprised you about adulthood?

Who do you not respect? Why?

What are you ashamed of?

What has hurt you the most?

What do you struggle with?

What has disappointed you?

What about adulthood has been an unpleasant surprise?

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GROWTH

What do you feel really competent in?

What is the best advice you've received?

What is one social issue you care about?

What feels nurturing to you?

What is one helpful habit you have?

What is one thing you'd like to learn more about?

What are you not good at?

What do you wish you knew earlier?

What do you not care much about?

What exhausts you the most?

What is one habit you'd like to change?

What is one thing that you absolutely can't stand?

PASSION & PURPOSE

What do you want to be remembered for?

What do you hope to achieve in your life?

Why is the world better because of you?

What fills you up?

What challenge have you overcome?

What is your unique gift?

What do you hope will be forgotten?

What past dream is no longer possible?

How have you hurt the world?

What depletes you?

What have you failed at?

What would you change about yourself if you could?

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PRESENT MOMENT

What are you most thankful for?

What is going well in your life?

What is exceptional in your life right now?

What touched your heart today?

What are three qualities you appreciate about yourself?

What are you longing for?

What is not going well?

What is weighing you down?

What stressed you out today?

What are three characteristics you'd like to improve?

FUTURE VISION

Where do you see yourself in 20 years?

What feels good about the path you're on?

What legacy do you want to leave?

What would you like to achieve in life?

How do you imagine you'll be in old age?

What do you want to create more of in your life?

What do you want to avoid happening?

What feels bad about it?

What do you hope people will forget?

What would you like to let go of?

What might get in your way?

What do you want to create less of?

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OUR RELATIONSHIP

What is one thing we do really well?

What do you appreciate most about us?

What is one thing we've gotten better at?

How do you think people see us positively?

Whose relationship would you like to emulate more?

What is one thing we don't do well?

What drives you crazy?

What would you like to improve?

How might they see us negatively?

Whose relationship do you want to make sure not to emulate?

EXPLORING INTIMACY

Share five compliments with me.

When do you feel closest to me?

What is working well between us?

How do you most like to be touched?

What do you love about our connection?

What do you cherish most about our partnership?

Suggest one growth edge for me.

When do you feel disconnected?

What do you wish could be different?

How else would you like to be touched?

What else are you hungry for?

What do you struggle with the most about our relationship dynamics?

Fulfilling Connection is Possible!

Join our Facebook group for more relationship tips, resources, and support!

Luminous Love: Couples on a Journey of Self-Discovery, Intimacy, and Growth

<https://www.facebook.com/groups/819544175581966>

Relationship 
BOOTCAMP

Fast-track your relationship to more

Love, Joy, and Intimacy

...without going to therapy!



www.relationshipbootcamp.us

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